

Items, General and Personal, Of Interest to G. P. O. Workers

Who will be the next Public Printer? is a subject of much speculation all over the big printing office even now, and the names mentioned are legion. The president of the I. T. U., James M. Lynch, has many supporters, although it is doubtful if he is even an aspirant for the place. Many seem to think that the place will go to some one high in the estimation of organized labor, and P. J. Hattigan and C. F. Edwards, of this city, are two men prominently mentioned. George A. Tracy, vice president of the I. T. U., is another man said to have a good prospect of landing the job; also W. B. Prescott, ex-president of the I. T. U., and now editor of the *Island Printer*. Former Public Printer Benedict is also said to be a possibility, as is also a former president of Typographical Union, No. 6, of New York—and the game is only a week old.

Mrs. Alice I. Corridon and Miss Rose A. Green have been transferred from the press division to the office of superintendent of documents, and Miss Mary O'Toole to the same office from the ruling and binding section of the bindery.

During the absence of Foreman A. W. Brown, who went to Illinois to vote, and Assistant Foreman D. J. Roberts, who is in Georgia doing the same, the foreman of the document section.

William McEneaney, of the linotype night force, journeyed to Western Pennsylvania to cast his vote and review the scenes of his triumph as a country editor, when all he had to do was to edit the paper, set the type, pull the hand press, deliver the papers, and collect—sometimes.

Dennis J. O'Leary, assistant foreman of the pressroom, while visiting his home in Boston, took in the football game between Princeton and Harvard.

A change of administration in the G. P. O. means much to many of the 4,000 people there employed. But that there can be anything like a wholesale discharge at this day no one need fear. Not only does the civil service law prevent anything like what occurred when the last Democratic administration took charge of the office, but public sentiment to-day would not permit of such a thing, even if there were no civil service law. The public official to-day who would dis-

miss several hundred employees for political purposes would not last long in any government position. That the change from a Republican to a Democratic administration will result in some changes in the personnel of the G. P. O. is to be expected, but that any faithful employee will be displaced because of political views is not probable. There have changed since twenty years ago, and the uncertainty of government employment is no longer a danger.

Miss Ellen A. Featherstone, Mrs. Lillian P. Jordan, Miss Rose McCarthy, and Miss Mary A. Price, press feeders, have been awarded an increase in pay from \$3 to \$3.25 cents per hour.

James Gustaf King has received an appointment as a compositor, and William Williams, William B. Rowan, and Everett W. Lawrence as linotype operators.

Miss Georgia B. Carpenter, catalogue, has been granted an increase in salary from \$300 to \$325.

The Cole brothers—John G. Linotype operator, and Frederick W., electrotype finisher—journeyed home to Albany, N. Y., to cast their ballots and renew friendships.

Hynes Terry, the Adonis of the guide force, while at his home in Evansville, Ind., had quite a thrilling experience on board one of those palatial stern-wheel steamers that ply the Ohio.

William S. Sullivan, of the monotype keyboard room, is the proud father of a new daughter, born November 7. Mother and child doing finely.

B. W. Butler, of the proofroom, and Thomas T. Ryan, of the pressroom, attended the great Harvard-Princeton football game Saturday last.

John D. Metz and Charles M. Wright have been promoted from proofreaders to copy editors, at an increase in compensation of from \$9 to \$10 cents per hour.

Miss Lucinda A. Dupuis is a recent appointee as a monotype keyboard operator.

Samuel B. Ragland, of Richmond, Va., and an ex-delegate from that city to the I. T. U., has been appointed as a compositor. Mr. Ragland is a good printer, has had much experience in the G. P. O., and his appointment is gratifying to

best of friends.

Miss Carrie M. Smallwood is a recent appointee to the force of female skilled laborers.

Will A. Wadley, of the Dress Office, an old and faithful member of the Typographical Union, has a collection of autographs that includes persons in the highest walks of life—Presidents, Cabinet officers, Supreme Court Justices, authors, actors, singers, soldiers, sailors, and so on, which he recently added all the commanders of the fleet that took part in the recent maneuvers in New York.

Mr. Wadley is also extremely proud of the fact that his son Leslie has finished his apprenticeship and is now a full-fledged member of Columbia Typographical Union.

Some people are born to good luck, while others suffer many disappointments. Old Opportunity knocks at some people's doors, and well—W. L. Wadley, of the editorial force, journeyed to Sunbury, Pa., to cast his vote for Taft.

While standing on the street of his home town, he remarked to a friend: "That looks like a \$50 bill lying in the gutter there." And another fellow picked it up and walked off with it.

Sergeant Will Matlock ("Wild Bill") was the victim of a practical joke on Friday last that was enjoyed by a large number of his friends, and also by the sergeant himself, when he came to think it over.

A good soldier in the Rough Riders, his admiration for the colonel has been so on to none, and all during the campaign Roosevelt's picture has been conspicuous in the buttonhole of his coat. At the noon hour on Friday he could not understand why everybody wanted to shake hands with him, and why his friends were all greeting him so enthusiastically, until he glanced at his buttonhole and found therein the picture of the President-elect. And then "Bill" laughed as heartily as any of them.

Joseph L. Holland, of the monotype keyboard force, will be a candidate for delegate from Columbia Typographical Union to the national convention, to be held in Nashville, Tenn., next August. Mr. Holland is a good printer, a staunch union man, and has a connection with Columbia Union has done service that warrants his many friends in putting him forth for the highest honors.

CHILDS' ATTACKS NERVELESS Nervous Break and Nervous with a Nervous and Nervous

Little Virginia has been an indomitable female since she was born, and she has been almost to the verge of a nervous breakdown in the nervousness and the nervousness that she has been through, while nursing on Mineral Creek, near Wilkes.

Mr. Chipman had gone out from camp alone with his rifle to examine the mountain side behind the camp which is very steep, as to the best place to scale it for triangulation purposes on the morrow. Properly he sat down on a log to rest; a bear charged at him from some bushes without the slightest warning.

As he struggled in surprise to free himself he saw a pair of eyes to one side and behind him. Unknowingly he had sat down to rest like a female grizzly and her young. Firing was shot, he rushed down the steep mountain side, the bear following with such determination and force that it rushed clean past him.

Instantly the bear turned and went back up the hill. As a bear, however, can run faster up hill than down, he was quickly caught by the huge beast and shaken as easily as a terrier shakes a rat. Luckily the bear shaking caused the bear to lose her footing on the steep hillside and both rolled together some distance down before bringing up.

It was now that Mr. Chipman displayed the courage and presence of mind that saved his life, for on bringing up among some bushes he lay perfectly quiet, feigning death. Satisfied, after sniffing him all over, that he really was so, the bear ambled away to his cub.

On his men getting to him he was carried into camp and made comfortable, while a couple of men were sent down here for Dr. Ople, as it was found impossible to carry Mr. Chipman out from the head of Mineral Creek to the junction with Toby River and the logging road.

Dr. Ople got to Mr. Chipman about midday on Saturday after a gallant fight for miles with burnt and fallen timber.

He found that the leather leggings worn by Mr. Chipman had practically saved his right leg below the knee from serious injury, but not so with the left, which is badly torn above the knee from the shaking, the bear's teeth being deeply buried in the knee also, inflaming it considerably. Mr. Chipman will be all right again probably in a month.

The owner of some limestone caves in Virginia has piped the air from them into his house, obtaining a genuine supply that is at a uniform temperature that warms the house in winter and cools it in summer.

TALKS WITH MOTHERS Catching Cold.

By DR. JOHN EDWARD LIND.

As the season of the year the mother's mind is obsessed by one fear—that her children will "catch cold." Under the general term, "catching cold," she includes all infirmities of the child's breathing apparatus from a simple cold in the head to pneumonia.

And her fear is well grounded. This is the season when the child is most likely to be exposed to sudden changes in the temperature, when a mild, dry day is succeeded by a cold, wet one.

Most dangerous of all is a cold dry day which is also windy and dry and when the dust is blown about the streets in little whirlwinds. Then let the mother look out! This dust may be laden with the germs of serious diseases—Influenza, pneumonia, and tuberculosis.

On such a day the young child is best kept indoors, but if he must be taken out, it should be seen that his mouth and nose are screened from the dust.

"Head cold" is the simplest form of catarrhal inflammation. In itself it is a simple malady which runs its course and disappears in a few days. There is a running at the nose, and there may be a slight fever present. Although a slight ailment in itself, there is always the possibility that it may extend to other parts of the respiratory tract and cause bronchitis or even pneumonia.

To prevent these complications and to relieve the child's discomfort every cold in the head should be treated.

At the first signs of cold the child should be given a warm bath, dried carefully and quickly and given a small dose of castor oil. The child is then put to bed and a simple fever mixture given. For a child one year old, the following formula may be followed:

Measure out three teaspoonfuls of sweet spirit of niter in a tumbler, add the juice of a lemon and three teaspoonfuls of sugar and enough water to fill the tumbler. A teaspoonful of this mixture may be given every three or four hours.

For a child under one year, a half teaspoonful is the dose; for a child over one and under five, a teaspoonful and a half, and for children of five years or over, two teaspoonfuls may be given.

The old saying, "Feed a cold and starve a fever," should be forgotten by the modern mother. During the whole course of a cold the diet should be lighter than usual.

Cold in the head causes the child much discomfort on account of the congestion

and obstruction of the upper respiratory passages. The "stuffed-up" condition of the nose can be greatly relieved by the application of a small quantity of vasoline to the inside of each nostril. This may be applied with a fine brush or the vasoline can be melted and a few drops allowed to fall in each nostril with a medicine dropper.

When a cold has progressed to the point where it has become bronchitis, or inflammation of the bronchial tubes, the family physician should be called in at once. The signs of bronchitis are a deep-seated, persistent cough, which is at first hard and dry and later becomes loose and a slight fever. The child may bring up mucus with every cough. Older children will usually spit this out, and all children should be taught to do so instead of swallowing it. The importance of summoning a doctor in this illness does not lie so much in the disease itself as in the danger of pneumonia developing from it.

Until the doctor comes, a mustard plaster covering the entire chest is excellent treatment. Or the chest may be rubbed twice a day with a mixture of one part turpentine and three parts olive oil. Sweet oil will do just as well as olive oil.

In bronchitis it is not advisable to give a cough mixture of any kind unless prescribed by the doctor, but during the first few days of the disease, when the cough is dry, hard, and painful, the mother of a one-year-old child may get a half ounce each of castor oil and syrup of ipecac, mix these together and give four drops every two hours. For a two-year-old child five drops of the mixture may be given, and for a three-year-old child six drops. When the child is four years old or over have the mixture made three-quarters castor oil and one-quarter syrup of ipecac. Give the four-year-old child eight drops of this, the five-year-old child nine drops, and so on.

But, after all, prevention is the best treatment of colds in children. The most common cause of a cold is a sudden change from a warm temperature to a cold one. This is especially true in houses which are so unfortunately heated that the temperature of the various rooms varies. A child taken from a room where the temperature is 75 degrees to one where it is only 55 degrees naturally suffers. The 10 degree difference in temperature is as much to him as 30 degrees or 40 degrees is to an

adult. He complains of head aches, he sneezes, he has this change of mood, and he is quite reasonably certain cold. Then, too, the child is often taken away from the air with his nose running, he is liable to the attack of sneezing, the administration of his mother and the mother of a baby is a hard labor to avoid cold.

Here are three rules which the mother would do well to follow if she wishes her baby to avoid cold:

1. See that he is fully protected whenever exposed to cold air, even if only for a few minutes.

2. Do not allow him to play on the floor during the winter months.

3. See that he does not become uncovered at night.

I am often asked what particular cough remedy I would recommend. Let me say that in the first place the mother or who buys a proprietary or patent cough remedy is buying something that is certainly expensive, probably useless and possibly harmful. For to show any home remedy which I would recommend for a cough.

The truth of the matter is, that in nine cases out of ten, the cough itself will require no special medicine in a child. The heavy mixtures containing ammonium and strychnine upsets the stomach and does little good. When the cough does require medicine, something prescribed by the family physician is best.

William Gillette's Fascinating Logic. From the New York Press.

I heard a rumor not long ago that William Gillette was writing another play. Having tried to verify the rumor and without success, I can only say I hope it's so. Not another "Clarion," but another "Sherlock Holmes" or "Secret Service," or at least a play after the manner of the earlier Gillette. Even the rumor of a new play by Gillette is of importance, because this author-stated with some violence that he'd never write a play again. Not if he knew it! Can it be he does not know he's writing this one? Rather, like the rest of us, he may upon occasion change his mind.

He cannot change his personality nor his attraction for the public. A portly, plain, and ultra-respectable Englishman—the "British matron" type—said of Gillette in stolid earnestness: "I like him because his legs are long." Everybody shouted, and the British matron said what was it. It was the truth.

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HOW TO AVOID BED SORES.

By DR. EDITH B. LOWRY.

When a patient is compelled to lie in bed for a number of weeks there is great danger of bed sores unless the best of precautions are taken daily. In the majority of cases bed sores are an indication of poor nursing, but in some cases it is impossible to avoid them, no matter how good care is given. Cases of paralysis come under this class.

Bed sores most commonly appear at those places where there is the greatest pressure from the body, as the lower part of the back, the shoulders, and the heels. The back especially needs very close watching. It should be rubbed at least twice a day with alcohol or other astringent. Should any red spot appear, the pressure should be relieved from this spot by the use of an invalid cushion, which is a ring-shaped rubber cushion inflated with air.

If the patient perspires freely, has involuntary urination, or for any other reason the bed is inclined to be damp, the lower part of the back should be protected by rubbing the skin first with alcohol, then with castor oil. The oil coats the skin and makes it impervious to moisture and thus lessens the danger of bed sores.

Keeping the bed free from crumbe and wrinkles is another helpful measure. Several times a day the under sheet should be drawn smooth under the patient, for every movement makes it liable to become more wrinkled.

The position of the patient in bed should be changed frequently, so as to avoid continuous pressure on any one part. The patient may be turned on one side and a pillow so placed as to be a support for the back, for if a patient is very ill it requires too much exertion on his part to maintain this position, and the tendency is to turn over on the back and lie in one position continuously. At the first evidence of a break in the skin immediate and constant care must be given in order to prevent it growing larger. Even the appearance of a pimple on the lower portion of the back should be reported to the physician in charge, as this may become a painful sore within a short time. The discomfort of lying in bed is enough without the unnecessary addition of pain incident to these sores.

Two essentials in the treatment of bed sores are that they should be kept dry and free from pressure. Usually some healing powder or ointment is applied. In mild cases the application of boric acid is beneficial.

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